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5 EASY WAYS TO BOOST YOUR ENERGY

by Laurie Morse

Are you sick of being tired all the time? It sucks and I get it. Most women I know just want their energy back so they can do all the things that matter.

Like...meaningful and loving connection with family and friends, take better care of yourself, do a good job with your current work, and have enough energy left over for some fun!

There are 3 “main” energy drains:

- 1) Stress
- 2) Poor Nutrition
- 3) Lack of movement

There are others but these are the big three that we can all do something about starting right now.

The name of the game in this short report is to take the monkey off your back called stress, worry, and anxiety in short bursts.

Think of a sailboat trying to fly on a good wind day with its anchor dragging in the water. The anchor slows everything down. Stress is like your anchor, slows you down, and siphons your energy.

Let's talk about 5 ways you can easily calm down your stress response, there's a lot of ways, but these are quick, easy, and free.

Research shows that it's better to take eight, one-minute breaks, than it is to take one, eight-minute break, creating sequences that are 'frequent and in close proximity'. It's also easier to convince your mind that you can afford to take one minute. The great thing is that taking a “Energy Minute” yields great payoffs like increasing productivity and creativity, it definitely boosts your energy levels, as well as calms your nervous system (both are important). Small price, big returns!

The POINT of taking short breaks is to bring your nervous system back to center. To get your dragging anchor out of the water, and to shorten the intervals that your system spends in fight/flight/freeze mode. This alone frees up a LOT of energy in you.

Play with these 5, they're super easy (and free). Take one per day and do that one all day. Then after 5 days, you'll be a pro at each one. You may find you like some better than others, add to the list over time. I can tell you that the mind gets bored doing the same thing over and over so if you have variation, you'll have your best chance of sticking with it as a part of your lifestyle.

THE EASY 5

1. Sit or stand with a straight back and take several Deep Breaths in through the nose, out through the mouth. Three breaths are ideal. Deep and focused, meaning be present with your breath. For added benefit, unclench and relax tight muscles with each exhale...face, jaws, neck, shoulders, belly, back, and legs.
2. Step outside for a minute (or look out the window) and find something naturally beautiful to take in, the sky, a flower, a tree etc. Take three deep breaths imagining you are taking in vital energy with each inhale, while seeing this vital energy moving throughout your whole body with each exhale.
3. Take three sips of water or green tea, taking a deep breath after each sip imagining the liquid is loosening tension and liberating sparks of energy in your body.
4. Jump up and down, wiggle your body (or toes if you're in a meeting) in place, and/or stretch for 45 seconds, use the last 15 seconds to feel the subtle vibration in your body from the movement.
5. Look at something green, while breathing naturally, notice everything about the green colored item. Then notice what you hear as background sounds. Switch back and forth from the green you are looking at to what sounds you hear.



Beware: your mind will want to discount these options as too simple, ignore your mind and do them anyway!

Simple + Easy = Doable
Doable + Consistent = Progress

Extra Credit: Imagine a waterfall of healing, peaceful light flowing from the Heart of Creation (you don't need to see the Heart of Creation, simply call it forth), imagine that it flows through your Higher Presence (several feet above you), into your crown center at the top of your head, and fills your entire body, flowing out the bottoms of your feet into the core of Mother Earth. As it flows through you, set the intention that this Liquid Light carry out everything you no longer need, leaving you with a "lightness of being" and a sense of being relaxed. Don't worry if you can't see any of this, your intention is all that's required.

Another: Laughter decreases stress hormones and triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and energy. Look for more ways to laugh

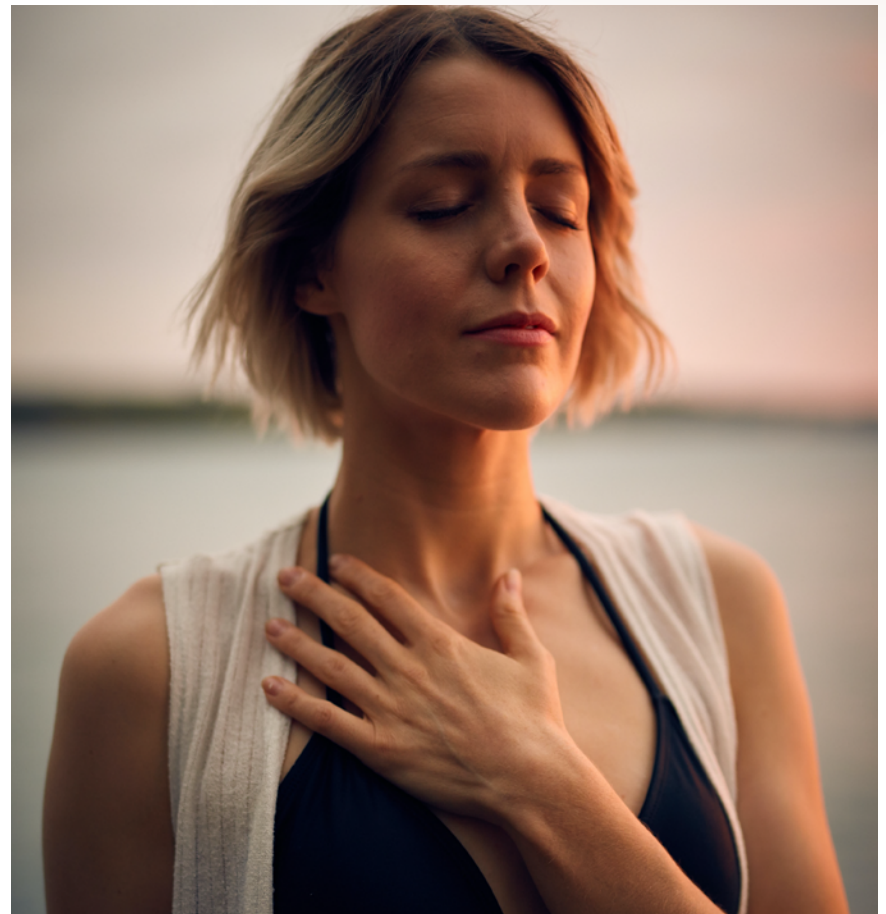
Last one: Listening to the music of Mozart is also a proven way to relax and lovely to have in the background in your office or home. Or you might consider Higher Frequency Music which you can find on YouTube.

There's a LOT of information out there on lowering stress, all good. I suggest you pick several to experiment with and stick with ones you like. The key is consistency. Your whole system (mind, body, spirit) needs to be directed from a stress response to a relaxation response all throughout the day. It's that simple. Please don't fall into the trap that it doesn't work after a couple of attempts. Stress is a well-worn groove in your system, redirecting your attention and creating new pathways takes time.

You'll notice that the Easy 5 work right away. For the moment you're in. Then there's the next moment. Stringing relaxed moments together will fill your energy tank like nobody's business!

While stress and pressure drain your energy, a relaxed state preserves and builds it.

There you have it, 5 Easy Ways to Boost Your Energy, go play and don't stop!





If you'd like to learn more ways to wake up every day with a healthy body that allows you to do everything you want, please enjoy this complimentary Masterclass:

BE healthy and vibrant for good... Reverse your downward health spiral even if you've been unwell for years and have tried everything. A Stress-free plan for getting back to healthy and vibrant (possible at any age).

If you're someone who is constantly worried about things going wrong with your body and afraid of what will happen tomorrow and you want to get out of the stress, fear, and worry cycle, and into feeling good, healthy, and strong. This class is for you.

Click here.

In this class you will learn:

- How to get unstuck from the worry and stress and how to feel good again.
- How to supercharge your energy boosters to last even longer
- To activate the branch of your nervous system that heals (anything)
- To release the stuck and procrastination so you can make healthier choices (the ones you know you 'should' be making but somehow don't or can't)
- How to get out of the downward spiral of health problems (most are stuck here) and turn on all that health and well-being already inside of you.
- The #1 thing that calms the mind so the brain can release healthy balanced chemistry rather than corrosive, destructive chemistry which is why the body breaks down in the first place (that's what the downward spirals)

Click here and I'll look forward to seeing you in class

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Laurie Morse**